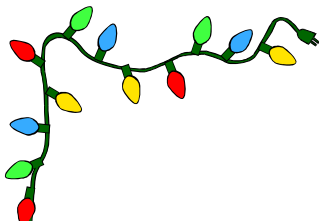


Did You Know...?



A Brief Update of What's Happening... December 2009

Happy Holidays From:



Bangor Rotary *Festival of Lights Parade* **JOYS OF THE SEASON**



The Bangor Rotary will host its annual ***Festival of Lights Parade*** on **Saturday, December 5, 2009**, beginning at **4:30pm** along Main Street in downtown Bangor.

Our 2009 parade theme is ***"Joys of the Season."*** As in the past, we hope to present a spectacular nighttime parade, featuring entries that convey the many ways of celebrating the season.

Parade Route: Railroad Street, right onto Main, crossing Union, thru Downtown Bangor, cross Hammond/State onto Central, turn right onto Harlow, cross State onto Exchange, officially ending by Bank of America.

TIPS TO REDUCE HOLIDAY STRESS

The holidays can be a wonderful time of celebration. But busy schedules and increased expectations for the season can often lead to stress and even depression. To make the most of your holiday season consider these simple tips.

- Pace Yourself. Don't take on more responsibilities than you can handle.
- Live and enjoy the present AND look at the New Year as an opportunity to start fresh with those things that will benefit your health and happiness.
- Don't set yourself up for disappointment and sadness by comparing today with the good old days of the past.
- If you are lonely, volunteer to help others.
- Try something new. Celebrate the holidays in a new way.
- Spend time with caring and supporting people.
- Let others share the responsibilities of holiday tasks.
- Take time for yourself. Spending time with friends and family can be an important part of the holidays but it's also important to take time for yourself to relax.
- Don't stress about parking. Park away from the store and take the opportunity to walk.
- Plan and prepare holiday meals ahead of time.

It can be a challenge at first, but when we remember to simply take pleasure in the moment, or reach out in a new way as a volunteer, the holidays can suddenly become a time that renews us instead of drains us.

**Or...You could dance your stress away
Like Tracy Willette Does...**



This was a Brewer High School Project Graduation fundraiser in which Backdoor Dance Studio ran the event. Participants were a combination of Brewer High teachers, Brewer High seniors, and two members of the community, one of which was Tracy Willette. They rehearsed two different routines 3 nights a week for about a month. Participants needed to be beginners and the event raised over \$11,000.



Dress Down Days to Benefit Children at Park Woods

To: City Hall Employees
From: Debbie Cyr
Date: November 23, 2009
Re: **Dress Down Days –
To Benefit Children at Park Woods**



In an effort to make the holiday season a little brighter for the children residing in the Park Woods Complex, City Hall employees will be able to **"Dress Down"** on the following **day(s), December 4th, December 11th, 18th, and 31st**. The cost will be \$5.00 a day or \$15.00 for all four of the above dates (if anyone would like to contribute more, please feel free). If you would like to contribute but choose not to **"Dress Down"**, any amount would be appreciated.

There are 90 – 100 children residing in the Park Woods Complex. Your donation will be used to purchase gifts for the children. This will be the twelfth year of our involvement with this event. Through your generosity we raised nearly \$600 in donations last year. Thanks for your support!

To Sign Up or Questions: Please contact Debbie Cyr at ext 4253.

Dress Down: To many of us this means, jeans, sneakers etc,
Please use good judgment. If you have any specific questions, please contact me.

Deadline: On or before Wednesday, December 2nd. The elves have to make the gifts and have them wrapped in time for Santa's departure.

Thank you for your support and Happy Holidays!!



Photo taken by Michael Gleason

The City Clerk's Office bade temporary farewell to temporary employee Betty Snively (2nd from Rt). Strapped with maternal personnel shortages exacerbated by the pressures of a huge election turn-out and yet another ballot petition campaign, Betty stepped into the breach to help out with a wide variety of tasks. The "farewell" is temporary because Betty regularly works the elections, so she'll be back! Also in the photo are Stephanie Pressey, City Clerk Patti DuBois, and Dianne Lovejoy.

Updates & More

Combined Charitable Campaign Incentive Prize Drawings

4 - Bangor High School Sports Pass	1.)Brad Johnston – PD 2.)Dana Wardwell – PW 3.)Richard Cheverie - Fire 4.)Clifford Worcester – PD
2 – 2 rounds of 9 holes of golf	1.) Neale Smith - BAT 2.)Tim Edwards - Airport
1 – Sawyer Arena 10 pack of weekend public skate sessions	1.) Tracy Willette – P&R
1 – 4 tickets to Family Fun Bowling Lanes	1.)Michael Crane - Airport
2 – Family Fun Pack passes to Bangor State Fair	1.)Lloyd Bubier - PW 2.)John Zachary – Bass Park
\$50 Gift Card – Massimo’s	1.) James Metcalf – PD
1 Free night at Four Points Sheraton	1.)Thomas Hambrock – WWTP
11 – One Vacation Day	1.)Steven McLain – Fleet 2.)Matt Costello - Fire 3.)Joan Leavitt - BAT 4.)Bill Lander - Airport 5.)Candy Devine – P&R 6.)Bruce Domenech - Airport 7.)John Heitmann – PD 8.)Brian Webb - PW 9.)James Hodges - PD 10.)Rebecca Hupp - Airport 11.)Douglas Kazdoy - BAT

Congratulations to all the winners and a sincere thank you to all who donated. The City of Bangor Campaign raised over \$28,000!

Downtown Bangor

Experience the Holidays

Make memories this holiday season in Downtown Bangor!

Decorative Store Fronts and streetscapes that celebrate the season

Unique shops with unique gifts and shopper's discounts

Independent Restaurants with excellent food and a focus on customer service

A Relaxed shopping experience

FREE parking (first 2 hours free in the garage & on street parking available)

FREE Ice Rink in Pickering Square (opens when weather permits)

**Rotary Festival of
Lights Parade
Saturday Dec 5th at
4:30 pm**



**Santa's Workshop
Returns!
Saturdays 11/28-12/19
from 12-3 pm, 52 Main
St.**

**Bring your camera for
FREE pictures with Santa
& Mrs. Claus**

Arts & Cultural Experiences you will not find any place else!

*Family activities at Maine Discovery Museum and Bangor Public Library all month long!
Visit the University of Maine Art Museum anytime- special event, "Art Factory" on Dec 5th
"A Christmas Carol" at Penobscot Theatre Dec 10-30th*

**Bangor Center Corp is seeking volunteers to staff Santa's Workshop. Please email downtown@bangormaine.gov or call 992-4234 to volunteer
For complete information and Holiday Schedule visit www.downtownbangor.com**



Santa's Workshop!

Santa & Mrs. Claus return to Santa's Workshop at 115 Main Street.

Saturdays from Nov 28 - Dec 19; noon-3.

*This opportunity will be free of charge
bring your camera for this free photo opportunity!*

Special Activities are also planned:

12/05 Santa Scavenger Hunt

12/13 Cookie Decorating

***12/19 Storytime and
Sing-a-long***



Don't forget to pick up your "Shopper's Discount Card" while you are there!

*Bangor Center Corporation
www.downtownbangor.com*

Downtown Shopper's Cards (Discount Cards)

Shira Patterson, Economic Development, has Downtown Shopper's Cards (Discount Cards) available to you at no cost. Over ten merchants are participating and discounts are good on Saturdays unless otherwise noted.

The discounts are:

Epic Sports-25% off one single item (not to be combined with other offers)

Metropolitan Soul-20% off any item

Central Street Café- buy one breakfast or lunch item and get one 50% off EVERY SUNDAY in DEC.

Top Shelf Comics- 20% off one graphic novel or trade paperback

Rebecca's- 20% off one Christmas item of your choice

Java Joes- Buy a muffin and get a small coffee free

Grasshopper Shop- 20% off any regularly priced item

Charles Inn- Stay one night get the second night free (advanced reservation required- valid through 12/25)

Bella Luna- buy one item get one item 50% off, equal or lesser value

Penobscot Theatre- \$5.00 off any regularly priced ticket

Edge Video- 3 previously viewed DVDs for \$10 or 5 previously viewed DVDs for \$15 (valid Mon-Sat, downtown location only)

Kishintaikan Dojo- one free introductory karate lesson (ages 7- adult, on specified dates) OR sign up for classes and receive 20% off the registration package. Also eligible for a prize drawing if you redeem the discount.

These cards are available to the public at Santa's Workshop (115 Main Street) on Saturdays (through 12/19) from 12-3.

However, she has a limited number available for City Employees. If you will use the discount card please stop by the Economic Development Office to pick one up. Please take only one per employee.

If you are offsite let her know and it can be sent through interoffice mail.

Shirar Patterson - Business & Economic Development Officer - City of Bangor - (207)992-4234

shirar.patterson@bangormaine.gov



DowntownBangor *Downtown Countdown*

Returns on Thursday December 31st!
There is something for everyone; highlights include:

- *Epic Sports 5K Finale (Sun 12/27)*
- *"RetroRockerz" at Union Street Brick Church*
- *River City Cinema and Comedy at the Opera House*
- *Family activities at the Maine Discovery Museum*
 - *"Velma" and Candy Bar at the Charles Inn*
- *Entertainment at the Hammond Street Senior Center*
- *"Get Decked Out" at the University of Maine Museum of Art*
 - *Music will return to the City Hall Council Chambers*
- *Family activities at the Bangor Public Library—dress as your favorite historical celebrity!*
- *Spaghetti Dinner (nominal fee) & Contra Dance at the Unitarian Universalist Church*
 - *For the first time this year; "The Flannery Brother's" – the kid's favorite!*
 - *Countdown to the Ball Drop just before midnight*

Your old Favorite Venues Return and some new additions will be announced. Finalized Schedule will be available in November. Info will also be posted on our website as soon as it becomes available
www.downtownbangor.com

The Downtown Countdown is a FREE event & all are welcome to attend!

PLEASE VOLUNTEER to help make this great community event a success. Volunteers are needed the night of the event to staff the multiple venues. As we continue to grow this event **YOUR support is needed more than ever!!!!**

Contact us to volunteer downtown@bangormaine.gov or call 992-4234



Wellness Program

Dear Employees,

The City of Bangor's Wellness Committee is pleased to announce a great program to help keep employees fit and healthy. New for 2010, we will be introducing the Wellness Passport. It is a six month program with the theme "Your Bonus for Healthy Behavior". Below are the details on how to be rewarded for healthy behavior.

Mission Statement

The goal of the Wellness Committee is to promote health and wellness of employees of the City of Bangor and their families by developing a Wellness Program. Accomplishing this goal will have a direct impact on reducing medical claims and costs and will promote healthier lifestyles

Wellness Passport

- ♦ CIGNA Employees: Complete the **Health Risk Assessment (HRA)** in December 2009 and receive a **\$25.00 gift card** to a participating store of your choice, and receive your Wellness Passport.
- ♦ Non Cigna Employees: Non Cigna employees can complete the HRA at Keepmewell.org and return the profile to a Wellness Committee member in order to receive **25 safety points** and your Wellness Passport.
- ♦ Included in the passport are twelve (12) activities. Once you have participated/completed six (6) wellness activities **and completed your Health Risk Assessment**, you will be eligible to participate in a drawing for various raffle prizes. The drawing will be held in July of 2010. Examples of prizes include iPod, Wii, George Foreman Grill, gift cards to Bangor Mall, Dicks Sporting Goods, and many more.... All participants will receive a gift for completing 6 or more activities in their Wellness Passport!
- ♦ Examples of some of the activities in the passport are: *Have a Dental Exam, Participate in a Blood Drive, Participate in a Lunch and Learn Program, Join Our Wii FIT Six Week Program...and many, many more.* More details about the various Wellness Activities will be introduced in the coming weeks and months.
- ♦ To the right is a picture of what the Wellness Passport will look like. Complete your HRA in December and begin "Living Well For A Better Tomorrow"!



If you have any questions about the Wellness Program, please call or e-mail one of your Wellness Committee Members today.

Regards,

Wellness Committee

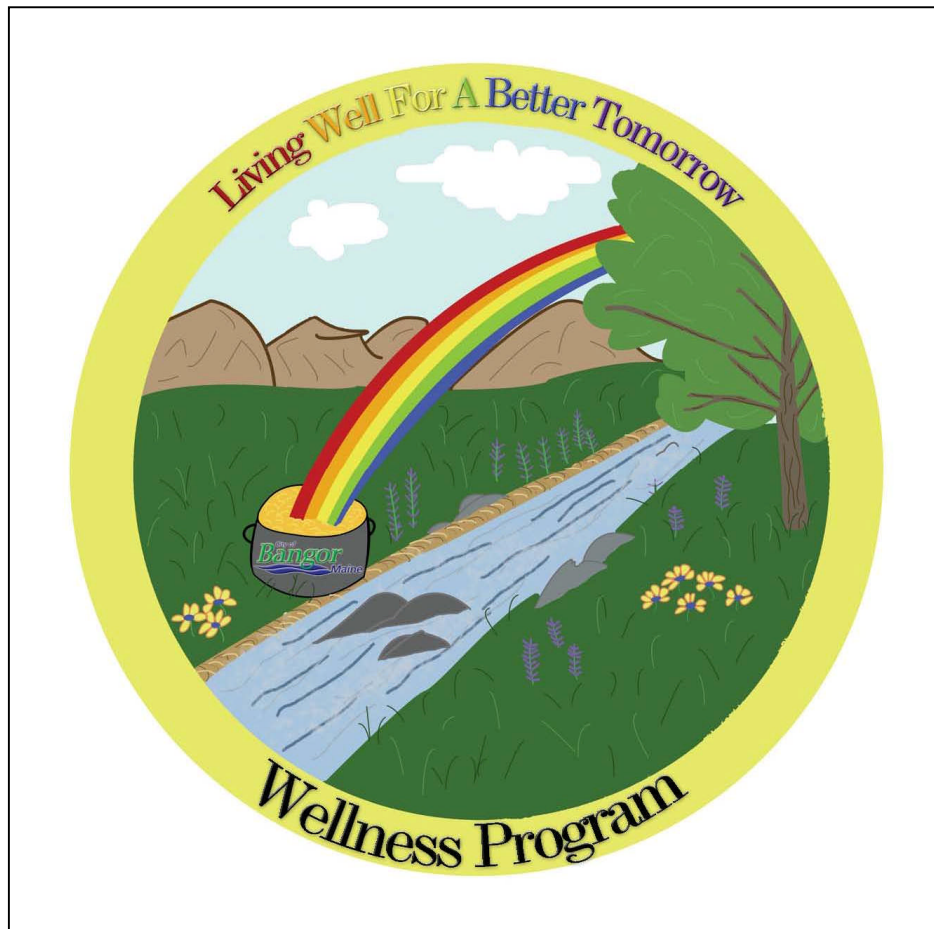
City of Bangor Wellness Committee Members

Jamie Comstock (Health & Community Services), **Debbie Gendreau** (Parks & Recreation), **Bob Farrar** (Executive), **Bud Knickerbocker** (City Hall Planning), **Sue McPike** (Bass Park), **Peter Arno** (Police), **Randy McDonald** (Fire), **Robert Dawes** (Fleet Maintenance), **Wayne Seymour** (City Hall Risk Management), **Henry D'Angelo** (Airport), **Dana Wardwell** (Public Works), **Larry Winchester** (Airport), **Risteen Masters** (Airport), **Rhonda Fraser** (Waste Water Treatment)

Wellness Passport

Your Bonus for Healthy Behavior





The City of Bangor Wellness Committee is pleased to announce the winners of its logo and slogan contest. We received many entries and the decision was a very difficult one. Thanks to all who took the time to submit an entry.

In the end we paired Barry Witham's wonderful hand drawn design with Deb Gendreau's logo for this show-stopper that we feel embodies the spirit of our work.

Congratulations to Barry and Deb!

Jamie Comstock

Health Promotion Program Manager
Bangor Region Public Health and Wellness, *a division of*
Bangor Health and Community Services Department
103 Texas Avenue
Bangor, Maine 04401
Office: 207-992-4466
Fax: 207-945-3348
www.bangormaine.gov



647 Main Street, Bangor, Maine 04401

Phone: 207-992-4490 / Fax: 207-947-1605

E-mail: parks.rec@bangormaine.gov

Office Hours: Monday - Friday 8am - 4:30pm

Register for Programs at
www.BangorParksandRec.com

Sawyer Arena

STICK & PUCK (OPEN SKATE)

Ages 14 to 18 (Bantams and Older)

When: Monday through Friday,
Oct. 19th - Nov. 15th &
End of Feb - End of March

Times: 3:00pm - 4:00pm

Cost: \$3.00 No registration required.
OPEN HOCKEY PLAYING!!! Helmet and
full facemask required. Full hockey gear
recommended.

PEE-WEES & YOUNGER

Ages 13 and under

When: Monday through Friday,
Oct. 19th - Nov. 15th &
End of Feb - End of March

Times: 4:10pm - 5:10pm

Cost: \$3.00 per person/session
Full equipment is needed for this program.
No adults on the ice please. All dates subject
to change.

FIGURE SKATING ONLY

Any age

When: Monday through Friday,
Oct. 19th - March

Times: 1:40pm - 2:50pm (Before Nov. 16)

Cost: \$3.00 per person

Times: 1:30pm - 2:20pm (After Nov. 16)

Cost: \$2.00 per person

Skate sharpening = \$4.00

10 Skate passes M-F \$25

10 Skate passes Sat. & Sun. \$40

Ice Rink Private Rentals available = \$210/hr
All programs & passes, unless noted above need
to be registered and paid for at the

Bangor Parks and Rec Center at 647 Main Street.

ALL TIMES SUBJECT TO CHANGE

PUBLIC SKATING

Ages 1 to 101

When: Saturday & Sundays
Oct. 19th - End of March

Where: Sawyer Arena

Times: 3:00pm - 4:30pm

Cost: \$5.00 per person

When: Monday through Friday,
Oct. 19th - End of March

Times: 12:30pm - 1:30pm

Cost: \$3.00 per person

*Note: Dates and times of "Public Skating"
may vary depending on ice conditions and
schedules of hockey teams. Ages 5 and under
skate FREE with a paying adult.
Call Sawyer Arena for more details.*

LEARN TO SKATE

Ages 4 and up

When: Sundays, Nov. 15th - Dec. 20th
Jan. 10th - Feb. 14th

Where: Sawyer Arena

Times: 1:50pm - 2:50pm

Cost: \$70.00 / Resident

\$75.00 / Non-Resident

Never skated before? Know how to skate
backwards? Whatever level you are, we have
a place for you. Each session will include a
1/2 hour of instruction and 1/2 hour of super-
vised free skate. Helmets are strongly recom-
mended & gloves or mittens are required.
Resident registration begins October 29 & for
non-residents November 5 **Min:** 20 **Max:**

Contact Information

13th Street, Bangor

Phone: 207-947-0071

Office Hours: Varies

Sawyer Arena Rink Manager: Joe Nelson

Adult Programs

BASKETBALL OPEN GYM

Adults

When: Tues., November 3rd - March 23rd
(no program on holidays)

Where: Parks and Recreation Center Gym

Times: 7:00pm - 9:00pm

Cost: \$2.00 pp

This is a co-ed pick up basketball program.
Anyone not acting in a sportsman-like man-
ner or being too physical to other participants
will be asked to leave the program.

WALKING

Adults and Seniors

Where: Bangor Parks & Rec Center Gym

Times: 7:00am - 9:00am / Mon - Fri
12noon - 2pm / Mon-Fri

Cost: FREE

Tired of walking in the cold, rain or snow!!!
Come on down to the our gym and stay
warm and dry and get a good walk in.

Make sure to call ahead.

WOMEN'S SELF DEFENSE COURSE

Women from age 15 and up

When: Thursday, January 7th

Where: Bangor Parks and Rec Center

Times: 6:30-8:30 pm

Cost: \$40

What you will learn in 2 Hours

- ♦ Quick, powerful physical maneuvers
- ♦ How to use the environment around and
everyday items in your purse to protect
- ♦ Basic understanding of potential attack-
ers and what attracts them to victims
- ♦ Should you run or fight back?

Min. 10 Max: 20

ADULT DODGEBALL

Adults

When: Sundays March 14-May 2

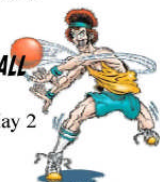
Where: 647 Main St.

Times: 5:00-8:00 pm

Cost: \$100 per team/All Bangor Residents
\$125 per team/At least 1 non-res.

This is a co-ed league designed for a night
out for fun and socializing. This program
will offer 6 weeks of games with a single
elimination playoff tournament.

Limited to first 8 teams



Birthday Party Packages

\$100 - Monday through Thursday

\$150 - Friday through Sunday

(includes use of the gym and meeting room for up to two hours)

**Call us for further information on any of the above rentals
or programs within this flyer.**

Youth Programs

"LITTLE HOOPSTERS" K-1 INSTRUCTIONAL BASKETBALL

Grades K-2

WHEN: Saturdays, Nov. 7th - Dec. 5th

NO PROGRAM NOV. 28th

WHERE: Parks and Recreation Center

TIMES: 9am - 10am / Kindergarten
10am - 11am / 1st Grade

COST: \$25.00 / Resident
\$35.00 / Non-Resident

This four week instructional basketball program for boys and girls will emphasize skill development and fun.



MRPA/RED CLAWS

HOT SHOT



Ages 9-18 (as of March 31, 2010)

When: January 2nd

Where: Parks and Recreation Center

Times: 9:00 am Boys/ 11:30 am Girls

Cost: Free

The Maine Recreation and Parks Association and The Maine Red Claws of the NBA development league are partnering to hold The MRPA Red Claws Hot Shot Competition. Hot Shot involves shooting from five (5) "hot spots" marked on one end of the basketball court. This competition tests each contestants speed, shooting, dribbling and rebounding ability. Winners of locals move on to a regional, then to the state competition to be held before a Maine Red Claws game. Divisions are divided by age and gender.

YOUTH BASKETBALL

Grades 2-3 & 4-5

New

When: Saturdays, Dec. 12th - Feb. 6th

NO GAMES ON December. 26th or January 2nd

Hot Shot on January 2nd for ages 9-18

Where: Parks and Recreation Center

Times: Vary (see game schedule)

Cost: \$30.00 / Resident
\$40.00 / Non-Resident

(additional \$10 late fee after Nov. 20th).

This is a competitive basketball program that will be held Saturday mornings with 1 practice per week.

Leagues:

Grade 2-3 Boys

Grade 2-3 Girls

Grade 4-5 Boys

Grade 4-5 Girls

SUNDAY OPEN GYMS

Grades K+

When: Sundays, **Starting November 8th**

(no Open Gym Nov. 29 or Dec. 27)

Where: Bangor Parks and Rec Center

Time: Grades K-5 Noon-2:00 pm
Grades 6 + 2:30-4:00 pm

Cost: FREE

This is a great chance to have some fun inside away from the cold outdoors. Equipment will be provided for a various number of activities. Children in grades K-5 must have an adult present. Grades 6 + is a drop off program. Bring appropriate shoes and clothes for this activity.

"UNDER CONTRUCTION" GINGERBREAD HOUSE MAKING

Ages 5-12

When: Friday, December 18th

Where: Parks & Rec Center

Times: 5:30-7:00 pm

Cost: \$5.00/Bangor Resident
\$8.00/Non Resident

Make sure you get your building permits, because you are going to be constructing some delicious gingerbread houses. This new program will give kids a chance to build their own frosting and candy covered house. Take home your house for the family to share.

Minimum: 10 **Maximum:** 30



Grades K-2

When: December

Who: Kiwanis Club

Times: Varies

Cost: FREE / Resident Only

This special program gives children the opportunity to speak directly to Santa Claus. Sign up forms will be sent through the schools and also will be available at the Parks and Rec. Office at the end of November. You won't want to miss this!!

FATHER DAUGHTER VALENTINE DANCE

Ages 5-12 (dressy affair)

When: Friday, Feb. 12th

Where: Bangor Civic Center

Times: 6:30pm - 8:30pm

Cost: \$16.00 / Resident per couple
\$25.00 / Non-resident per couple
\$5.00 / per additional daughter

Tickets for the Valentines Dance will be available starting January 4th for Bangor residents ONLY. Non-resident begins Jan. 12th.

Tickets do sell out, so hurry and reserve your spot. Tickets will NOT be sold at the door.

NO ONLINE REGISTRATIONS

Maximum: 750 people



Youth Programs continued...

CROSS COUNTRY SKIING RENTAL

Grades 5-12

When: Tuesday, November 10th

Where: Parks & Rec. Center

Times: 4:00 pm-6:00 pm

Cost: \$50 (includes x-country skis, boots & poles rental until April 2010)

REGISTER ONLINE OR RSVP BY NOV. 9

This is an opportunity to participate in Maine Winter Sports Center's Healthy Hometowns ski rental program. This program provides cross-country ski package rentals for the entire season. Ski packages include one pair of cross-country skis, boots, and poles. The ski packages will be handed out before the winter holidays and can be kept until the April 2010. It is their goal to make skiing more accessible and to get kids to enjoy our snowy Maine winters by having fun outdoors on skis.



SKI & SNOWBOARD LESSONS

Grades K-8

When: Tuesdays, Jan. 5th - Jan. 26th (session 1)
Feb. 2nd - Mar. 2nd (session 2)

Where: Hermon Mountain

Times: 4:30 - 6:30pm

Cost: \$75.00 / Resident Skiing
\$85.00 / Non-resident
\$95.00 / Resident Snowboarding
\$105.00 / Non-res. Snowboarding

This includes four one-hour lessons and up to an hour of free ski time, equipment rental and supervision. Transportation to and from the mountain is the responsibility of the parents.

Max: 20 / Snowboarding 45 / Skiing



SCHOOL VACATION FUN DAYS

Grades K-5

When: February 16, 17 & 18
April 20, 21, 22

Where: Parks and Recreation Center

Times: 9 am-3 pm

Cost: \$15 per day/Bangor Resident
\$20 per day/Non Bangor Resident
(includes morning snack and all activities)
Complete list of activities TBA

Join us on these vacation days for a fun filled time of games, arts and crafts, and trips. The day will also include gym games, some fun building projects, and some free time to play...so make sure to bring sneakers for inside and your boots and sled. You never know when we might head over to Union St and go sliding. Dress warm and bring a change of clothes.

PARENTS NIGHT OUT

Ages 5-12

When: Friday, December 11th

Where: Parks and Recreation Center

Times: 5:00 pm-8:30 pm

Cost: \$5.00 per child/Bangor Resident
\$8.00 per child/Non Resident

Parents, here is your chance to get the last of your shopping done, or maybe just a night out. While you are having your fun, your child will be having a blast, playing games, doing crafts, watching a movie, eating popcorn, pizza, and much more.

Minimum: 10 Maximum: 30



When: Thurs/Times Vary by Level

Sessions run consecutively through year

Where: Parks and Recreation Center

Cost: Varies by Level

The program is progressive, not repetitive.

Class Structure: Each week twirlers will work and build on the basic fundamentals of twirling and marching, and incorporating these fundamentals into individual and team routines. **Performances:** Twirlers will prepare for local performances in parades and community events as well as competitions, and the annual Central Maine Twirling Corps recital in May. For more info, please contact

Andrea Fletcher at 775-9079 or
CMTCoach@gmail.com

"ACE" TENNIS

Ages 7-12

When: Mondays, March 8-March 29

Where: Bangor Parks & Rec. Center

Times: 3:45 - 4:30pm Ages 7-9

4:45-5:45 pm Ages 10-12

Cost: \$25.00 / Resident
\$35.00 / Non Resident

This exciting Quick Start Tennis program uses smaller rackets, and a foam ball in place of a tennis ball. In this introductory program, children will learn to hold and swing a the racket, court rules and how to have fun with the game.

LACROSSE SKILLS MINI-CAMP

Grades 3-5 and 6-8

When: Sundays, January 10, 17, 24 & 31

Where: Parks & Rec. Center

Times: 4:30-6:30 pm

Cost: \$40 \$65/ Includes Stick

This 4 week camp directed by **Husson University Lacrosse Coach, Jeremy Mattoon**, will introduce the game of Lacrosse to children as well as teach the skills of the game. This camp is designed for the beginner as well as the more experienced lacrosse player. **Min: 10 Max: 20**

Youth Programs continued...

Be on the Look-Out for more information on the following Programs!!

BABYSITTING CLASS

Ages 11-15

New

When: To Be Announced

Where: Parks & Rec. Center

Times: To Be Announced

Cost: \$45

What you need to know and what every parent wants in a safe and responsible babysitter! This program is certified by the American Red Cross.

The Babysitter's Training course can help you—

- Care for children and infants.
 - Be a good leader and role model.
 - Make good decisions and solve problems.
 - Keep the children you baby-sit and yourself safe
 - Handle emergencies such as injuries, illnesses and household accidents.
 - Write resumes and interview for jobs.
- And much more!

CHANNEL MARKERS (LEADERSHIP PROGRAM)

Ages 11-13

New

When: To Be Announced

Where: Parks & Rec. Center

Times: 4:00 pm-5:30 pm

Cost: Free

Channel Markers is a 14-week adventure-based youth leadership program for young adults. Groups will consist of 12 youth attending one after school session per week (each one and one-half hours long) for 14 weeks.

During this program youth will engage in group-based experiential activities designed to increase their leadership skills by providing them with self knowledge around goal setting, lifelong learning, support systems, and physical, mental, and emotional health. They will gain skills in working in groups, solving problems in groups, and in communication—skills required for successful interactions in personal, educational, and workplace situations.

Max: 12

Don't Forget about our "Cardboard Carnival" coming in February

Pre-School & Tot Programs

PRE-SCHOOL OPEN GYM

Ages 1-5

When: Monday thru Friday

Nov. 9th - April 9th

(No open gym on Holidays and school vacation weeks)

Where: Parks & Recreation Center Gym

Times: 9:30am - 11:00am

Cost: FREE

DROP IN to our infamous open gym. A great time to meet new friends and let your kids run around.



PARK RATS

Ages 2-5

When: Thursdays, April 29th-June 17th

Where: Meet at Various playgrounds

Times: 9:30am - 11:00am

Cost:

Join us at area playgrounds for some good old fashion fun. A playground schedule will be available upon registration.



KREATIVE KIDS

Ages 3-5

New

When: Thursdays,

February 11th - March 25th

(no class Feb. 18)

Where: Parks and Recreation Center

Times: 9:00am - 10:00am

Cost: \$25.00 / Resident

\$35.00 / Non-Resident

Join the fun in making a variety of simple crafts a story and a fun game with your preschooler. Please dress accordingly.

Min: 8

Max: 14

LITTLE RECKEES

Ages 4-5

When: Tuesdays, March 30- May 11th

No Program April 20th

Where: Parks and Recreation Center Gym

Times: 9:30am - 10:30am

Cost: \$20.00 / Resident

\$30.00 / Non-Resident

6 weeks of pure, sports fun!!! Each week a new sport will be introduced. Don't miss this opportunity to have your little one experience new sporting games.

General Information

PARKS AND RECREATION STAFF

Tracy Willette - Director
Debbie Gendreau - Recreation Superintendent
Tim Baude - Recreation Programmer

Helen Stanley - Administrative Assistant
Candi Devine - Administrative Assistant

Joe Nelson - Sawyer Arena Supervisor
Dennis Pehrson - Sawyer Arena Maintenance

Dennis Crane - Park Maintenance Supervisor
Mike Lucas - Union Street Superintendent /Programmer
Ed Moores - Mechanic
John Kelly - Maintenance
Steve Garrison - Maintenance
Dan Morrison - Custodian

Brian Enman - Golf Course Superintendent & PGA Pro
Rob Jarvis - PGA Golf Professional
Russell Bragg - Golf Course Superintendent of Maintenance
John Kelly - Golf Course Maintenance

OUTDOOR SKATING RINKS

Maintained in the Winter Months

- ◆ Fairmount Park
- ◆ Bangor Gardens
- ◆ Broadway Park
- ◆ Chapin Park
- ◆ Stillwater Park
- ◆ Pickering Square

"Public Skating - No Fee"

TRAILS FOR WALKING, BIKING, SNOWSHOEING & X-COUNTRY SKIING

- ◆ Roland Perry City Forest
- ◆ Brown Woods
- ◆ Prentiss Woods
- ◆ Essex Woods

CONTACT US

647 Main Street, Bangor, Maine 04401
Phone: 207-992-4490 / Fax: 207-947-1605

E-mail: parks.rec@bangormaine.gov

Website: www.BangorParksandRec.com

Office Hours: Monday - Friday 8am - 4:30pm



Printed on 100% recycled paper



Family Programs

LIFT TICKETS

SUGARLOAF AND SADDLEBACK

When: Saturday, January 30th (Sugarloaf)
Saturday, March 6th (Saddleback)
Saturday, March 20th (Sugarloaf)

Where: Sugarloaf Mountain
Saddleback Mountain

Time: Mountain opens @ 8:30am

MEET 9:00-9:30 am at Main Lodge

Cost: **Adult Lift Ticket**
Sugarloaf \$42 (SAVE \$33)
Saddleback \$38 (SAVE \$11)
Young Adult (6-17)
Sugarloaf \$32 (SAVE \$32)
Saddleback \$30 (SAVE \$9)



Here is your chance to purchase lift tickets for Sugarloaf and Saddleback Mountains for the dates above. Purchase your tickets online or at the Rec Office, meet at the main lodge at the mountain to pick up tickets and there you go for a great day of skiing.

A minimum of 20 registrations needed!

MOVIE NIGHTS AT THE REC

When: Fridays, February 19th & March 19th

Where: Parks and Recreation Center

Time: 6:30-8:30 pm

Cost: \$5.00 per family

Come join us for a family night out to the movies. Each of the Friday nights, we will offer a family friendly movie with popcorn and drinks for all. A full schedule of movie titles will be available in December. Please feel free to give suggestions of what you would like to see.



LIBRARY NEWS



DECEMBER ART AT THE BANGOR LIBRARY

Brewer artist Betty Overlock will be showing her work in the Lecture Hall at the Bangor Public Library in December. As Ms. Overlock explains, inspiration can come in strange packages. Her very first work, at age 3, was a sketch of the camel on her mother's pack of cigarettes. After a life-time of work in the commercial art and display world, Ms. Overlock's exhibit will include a retrospective of many works, including paintings and an eclectic selection of fiberarts, that includes a quilt inspired by her grandmother's hankies.

The public is invited to an exhibit opening on Wednesday, Dec 2 from 6:30-7:30 PM. Refreshments will be served.

The December artist in the Stairwell Gallery is Old Town writer, poet and photographer, Cheryl Daigle. Ms. Daigle, who is a community outreach coordinator for the Penobscot River Restoration Project, is seldom found without a camera in her hand, creating photographs that document the landscapes and cultures of Maine. Ms.

Daigle's background includes marine research in Cobscook Bay, and work with the Maine Sea Grant, the Nature Conservancy, and the Forest Society of Maine, activities that led her to explore some of Maine's most remote wilderness areas. The artist explains, "I enjoy exploring through photography those edges that exist between human culture and natural habitat, in particular where nature resists being controlled. The camera helps me recognize what I love about Maine, and about the diverse people who make this place their home."



DR. GREG ZIELINSKI AT THE BANGOR LIBRARY

Maine author Dr. Greg Zielinski brings his latest book, Conditions May Vary: A Guide to Maine Weather, to the Bangor Public Library on Saturday, Dec. 12, at 2 PM.

Dr. Zielinski, a former Maine State climatologist, says there's much more to predicting Maine weather than the consideration of its varied geography.

The Jet Stream, Gulf stream, Canadian air masses and ocean temperature all contribute to the challenge of predicting Maine weather. Find out why our weather is so changeable, and fascinating.

Dr. Zielinski's books will be available for purchase.



You've Got Mail!

Dear Troop Greeters,

I am a native of Maine as is most of my family, I have always been proud of my state and the people who live there, but never more so than last night as I watched the story of the love and attention that you have been giving to our young men and women as they leave and return from war.

The story of your Troop Greeters is simply wonderful. Since at 77 I have experienced many winter mornings in Maine, I know it often takes sheer guts to crawl out of bed much less drive miles to an airport.

I am impressed with how you live your lives and your determination, from the very beginning, to see to it that the raw treatment that some of our kids received on their return from Vietnam will never happen again.

God Bless
Maryann Pike
Wilmington DE

Dear Ms. Pike,

Thank you for taking the time to express your appreciation to the volunteers who greet transiting military personnel at Bangor International Airport. I have forwarded your message to our Maine Troop Greeters so that it can be shared with the many individuals from our community who participate in troop greetings.

As the Northeastern most international airport in the United States, it has been our privilege to greet thousands of troops as they leave and return to the United States for overseas assignments. Our volunteers have greeted every transiting military flight to and from the Mideast beginning with the first Iraqi war. Our volunteers have done this in recognition of the sacrifices that are being made by our troops and their families. The Airport is proud to be able to host the Greeters and support their efforts.

Again, thank you for taking the time to contact us.

Rebecca Hupp
Airport Director
Bangor International Airport
(207) 992-4601
rhupp@flybangor.com
www.flybangor.com



TROOP 302

WREATH SALE

HAPPY HOLIDAYS

Glenburn Troop 302 has three scouts eligible to attend the 2010 National Boy Scout Jamboree, July 25th-31st 2010 at Fort A.P. Hill in Virginia. Along with approximately 48,000 other scouts from the United States, the boys will learn many life building skills and celebrate the 100th year of Boy Scouting in the United States!

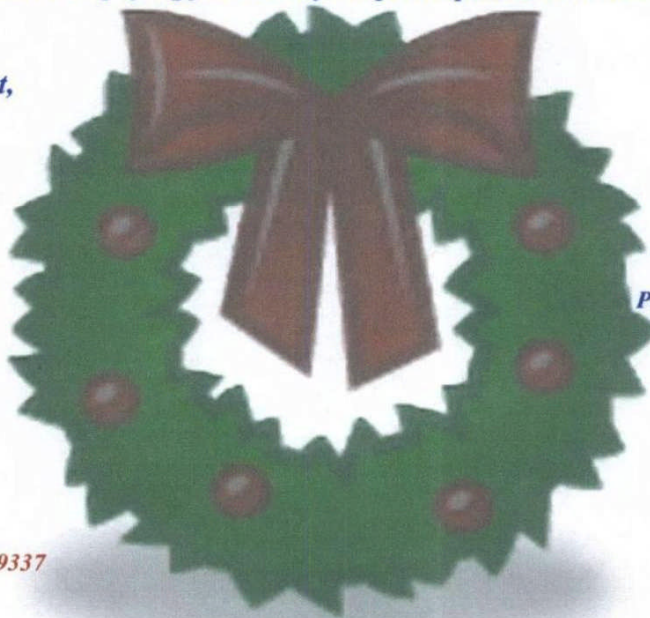
Your Purchase will greatly assist in paying for our boys to participate in this once in a lifetime and very memorable event.

Thank-you for your support,

Glenburn Boy Scouts



*For more information call 478-59337
boyscouts@glenburn.net*



*All products are from
Piper Mountain Christmas Trees
27 Trundy Rd.
Newburg, ME*

*SEND FORM TO:
Glenburn Troop 302
4 Pine Grove Ave.
Glenburn, ME 04401*

Make checks payable to TROOP 302

NAME _____

ADDRESS _____

CITY _____

PHONE _____

22"-24" PLAIN WREATH @ \$ 14.00 ea.

TOTAL

22"-24" WREATH WITH RED BOW @ \$ 18.00 ea.

TOTAL

\$ 30.00 PIPER MTN. CHRISTMAS TREE CERTIFICATE @ \$ 30.00 ea.

TOTAL

Notes From Human Resources...

NOTES FROM HUMAN RESOURCES. . .



NEW EMPLOYEES:

November:

Bridget Stuart- Administrative Asst.Immunization- Health & Comm. Svs.
Kim Graham- Allegiant Air Serv. Rep.- Airport
Dale Willette- Allegiant Air Serv. Rep.- Airport
Ryan Trefethen- Allegiant Air Serv. Rep.- Airport
Crissy Saucier- Passenger Serv. Agent- Airport
Jason Richard- Passenger Serv. Agent- Airport

WELCOME!

December 1, 2009 through December 31, 2009 Open Enrollment

To: All Full-Time Employees
From: Leah Williams, Human Resources Specialist
Re: Open Enrollment Period-Certain Benefit Plans

This is a notice to all eligible employees; December is our open enrollment period for the following benefits: Health Insurance, and Section 125 Cafeteria Plan (pre-tax health insurance premiums election).

January 1, 2010 will begin the new plan year for these benefits. If you wish to make changes to your existing coverage, open enrollment is the period you may do so. This is important to remember, as you may not be able to make these changes throughout the remainder of the plan year. Your participation in the Health Insurance and Section 125 plans will continue automatically unless you notify me otherwise in writing.

If you wish to discontinue, change, or enroll in any of the above plans, please contact my office at 992-4266.



**Bangor's
175th
Birthday**

T-Shirts are on
Sale in the
Treasury Department
at Bangor City Hall

\$10 for Youth and
Adult sizes up to
XL
\$12 for Adult XXL
XXXL

(Sales tax included)

Call 992-4200 for more
information



buy!
sell!
trade!

Melissa is looking
for a good bargain on a
dresser and/or
bookcase Center

Found



Professional Seamstress Services

OK, the secret is out. **Jerry Hughes** has his own sewing machine and works with his wife on the side. Jerry's wife Robbi has the real talent and has been making and altering just about anything that is put together with thread for forty years. If you need any of the following services please call 478-1471. Customer focus is what Jerry and Robbi's reputation is based on. Give them a call!!

- Custom Made Apparel and Accessories- Wedding gowns, prom dresses, costumes, uniforms, suits etc.
- Alterations- Any garment, male or female including uniform insignias
- Window Treatments including draperies, roman shades and curtains
- Custom made slip covers for any item including chairs. sofas. ottomans
- Quilts- Hand made new or repairing old family heirlooms
- Sewing and Quilting Classes available

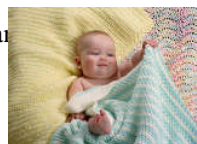
ORCHARD HILLS CONDO FOR SALE
2 BEDROOM & OPEN LOFT (USE AS OFFICE, FAMILY
ROOM OR THIRD BEDROOM)
1.5 BATHS, WOOD FLOORS, ALL APPLIANCES
CORNER UNIT WITH LARGE DECK & PRIVATE YARD
EXCELLENT CONDITION \$138,600.00
BONNIE MCCREA
992-4715 or 942-0983



Handmade crochet blankets Half shell or the zigzag pattern

Various sizes:

- throw blanket
- twin
- queen
- king.



If you provide the yarn,
Laurie will do the rest.

Prices:

- \$10 throw
- \$20 twin
- \$30 queen
- \$40 king

Call Laurie Smith and get more information
990-1307

LUGGAGE NEEDED



Bangor PD's explosive detection canine teams are looking to acquire some pieces of luggage. The teams use the luggage for training. If anyone has some luggage in fairly good condition that they no longer need that they could donate to the program it would be greatly appreciated.

Please contact Officer Dan Scripture,
Officer Jeff Small or Officer
Chris Desmond at B.I.A. at 992-4652
or by email.
We can pick up the luggage.



Legends

Awards & Custom Engraving

Legends Awards & Custom Engraving is built on the principles of making quality products and providing reliable service at affordable prices for all. We believe that everyone should be recognized for what they do in life. As a business we take pride in the products and services we offer. Quality is our top priority. We offer a large variety of products and services with all products being Laser Engraved locally at our shop. We love to help customers find, decide, develop and create that special gift, award or sign for any need that arises. Although located in Winterport Maine, we ship anywhere in the United States. If you do not see what you are looking for, please do not hesitate to ask. We will try to accommodate just about any need you may have.

For more information, please feel free to call or email us with any questions or special requests.

(207) 659-0734

info@legendsawards.com

or contact us individually

Tim Baude, Owner

tim@legendsawards.com